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The Fort Jackson **Leader**



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Dedication

AFCC celebrates grand opening

By **SUSANNE KAPPLER**
Fort Jackson Leader

Exactly two years after its groundbreaking ceremony, today's dedication of the Armed Forces Chaplaincy Center signifies the beginning of a new era in the training of religious support personnel from all military branches.

The dedication ceremony marks the culmination of a five-year process that began when the Base Realignment and Closure initiative mandated that the chaplain schools for the Army, Air Force and Navy be co-located at Fort Jackson.

The Navy moved its Naval Chaplains

School from Naval Station Newport, R.I. and its training for religious program specialists — the Navy equivalent of chaplain assistants — from Naval Air Station Meridian, Miss. to form a new school, the Navy Chaplaincy School and Center. The Air Force Chaplain Corps College moved from Maxwell Air Force Base, Ala. The U.S. Army Chaplain Center and School has been on Fort Jackson since 1996.

The new \$12-million facility for the Air Force and Navy schools was scheduled to be completed last summer, but construction delays put a dent in the original plan. Instead, personnel for the two schools were temporarily housed in the former Hood Street

School building.

Being uprooted without a new permanent home was a stressful experience at times, but also provided the opportunity for the Navy and Air Force teams to bond, said Air Force Chaplain (Col.) Steven Keith, commandant of the AFCCC and director of the AFCC.

"We were showing up with some of the same stresses, same emotions, feeling a bit uprooted, but at the same time seeing, 'Wow, there is some good in this,' because we now get to compare ministries, educational opportunities. We get to see what (we) are doing well and what, maybe, we are not

See **CHAPLAIN:** Page 8

Tomahawk launch



Photo by **KRIS GONZALEZ**

Staff Sgt. Carlos Alvarado, Drill Sergeant School, tosses a tomahawk outside the 171st Infantry Brigade headquarters Tuesday. The tomahawk throw was one of the events during this week's NCO of the Year competition.

Drill sergeants define 'Army Strong'

When I leave Fort Jackson, I certainly will miss being surrounded by so many drill sergeants every day. For me, drill sergeants are constant reminders of what the Army is really all about. At Fort Jackson, they personify the tradition, training and transformation — which lies at the crossroads of our campaign plan's vision and mission statement.

I have always had a great deal of respect and appreciation for our drill sergeants, who continually impress me with their strength, stamina, determination and — let's not forget — resilience. Recently, we witnessed a grueling, weeklong competition in which our drill sergeants competed for the coveted Drill Sergeant of the Year honor.

Our drill sergeants have kept me in awe since the first day I arrived here. They continue to represent the epitome of resilience.

Their days are long, their weekends short — and often nonexistent. Their requirements are rigid. They are the best the Army has to offer. They define "Army Strong."

The mission of a drill sergeant is not an easy one. They know it, accept it and energize themselves with it. They realize that the lives and welfare of Soldiers, as well as the success of the mission, hinge heavily on how well they develop and mold the young men and women who enter the

BRIG. GEN. BRADLEY W. MAY

Fort Jackson
Commanding
General



Army.

Those are just some of the first thoughts that come to mind. It's no wonder that these men and women take such pride in competitions such as Drill Sergeant of the Year. They demand the best from the Soldiers-in-training, so it is only natural that they demand the best from themselves. There is no question that they are the backbone of the Army.

In an Army that is constantly evolving, the challenges our drill sergeants face continue to increase. Whether they are instructing warrior tasks and battle drills, basic rifle marksmanship, or first aid, our drill sergeants are called upon to master these subject areas and the combat impor-

ance of each.

A while back, one of our own drill sergeants was asked to describe his mission. His words are worth repeating: "As a drill sergeant, you're everything: You're the teacher, instructor; you're the mom, dad, grandpa, grandma and counselor — everything."

He's right, because it takes "everything" for these elite NCOs to do the demanding job they do and serve as powerful role models.

Interwoven in subjects that the drill sergeants teach are the heavy threads of discipline — self-discipline. In today's Army, increased responsibility is given to every leader, regardless of rank. It is the responsibility of the drill sergeant to make sure that the Soldiers he or she trains are ready to accept this increased responsibility.

Make no mistake, our drill sergeants have tremendous demands put upon them. We recognize the fact that these highly motivated, physically and mentally fit and well-disciplined NCOs are fully prepared and capable to tackle their duties.

With all this being said, I am sure you understand why I have such respect for drill sergeants and why I appreciate the work they accomplish here every day.

Army Strong!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Ask the garrison commander about: PCS early reporting procedures

I am on permanent change of station orders and the assignment instructions state that early reporting is authorized. How many days are considered early reporting?



According to MILPER Message 10-045, when special instructions authorizing early reporting are included in assignment instructions, Soldiers may report up to 60 days prior to their assignment report date to the gaining command, if otherwise eligible. Early reporting may not cross fiscal years. Keep in mind that this action is based on ap-

proval of your losing command. If your command approves early reporting, ensure a copy of your approved DA Form 31 is submitted to the Personnel Strength Management Work Center, Reassignment section as early as possible.

I am scheduled to retire from the Army on Dec. 31. I received an annual evaluation report in March. Will I need another evaluation report for retirement?

No, an evaluation is required when the rated Soldier is separating from active duty. As an exception, retirement reports of less than one year will be rendered at the option of the rater or senior rater or when requested by the rated Soldier.

I am a single parent with long duty hours. Why isn't there any child care available on Fort Jackson to meet the needs of single parents?

There is child care available on Fort Jackson to meet the needs of single parents. Some of the family child care providers on Fort Jackson offer extended hours care to

COL. LILLIAN A. DIXON

Fort Jackson
Garrison
Commander



assist parents in meeting their mission requirements. Referral to providers offering extended care can be accessed at Parent Central Services.

In addition, Fort Jackson has three child development homes that offer extended hours care, including care on Saturdays. Scales Avenue Child Development Center and School Age Services Program also provides some extended services. The Middle School and Teen Program is also providing extended youth programming for youth in the Middle School After School Program. For information on the service hours, visit www.fortjacksonmwr.com.

Children in the School Age Services After School Program who need care after 6:30 p.m. are picked up by the staff at the CD home and provided their evening meal and activities until parents pick up. Middle school after school program patrons are transported to the Youth Services Center at 6:30 p.m. where they are served dinner and stay for extended programming if needing extended hours care. Information on all of these services is available through the CYSS Parent Central, 751-4865.

FACT OF THE WEEK

Child, Youth & School Services provided \$28,000 worth of extended hours care in March to Fort Jackson Soldiers at no cost, thanks to the Army Family Covenant.

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail scott.nahrwold@us.army.mil.

Meeting focuses on quality of life

By **SUSANNE KAPPLER**

Fort Jackson Leader

Tuesday's town hall meeting at the Solomon Center gave attendees an overview of Fort Jackson quality-of-life programs for Soldiers, family members and civilians. Many of the programs are a direct result of the Army Family Covenant, such as the initiatives introduced by Rose Edmund, chief of Child, Youth and School Services.

Edmund said that the two new child development centers currently under construction are scheduled to be completed by August. The centers will accommodate 135 and 160 children, respectively.

Unlike the existing CDCs, which care for infants and children up to 5, the new centers will be open to children 10 and younger. This allows for some services to be consolidated in one location, Edmund said.

"Some of our school-age programs will be moving out of the Youth Center into these new centers," she said.

The new facility for the Schools of Knowledge, Inspiration, Exploration and Skills, or SKIES, is expected to be completed in June.

"We're really excited about the new building and having a permanent location," Edmund said.

She also pointed out that mission-related extended child care is available.

"I want the entire community to know that if you're working on Saturdays, if you're working on Sundays, you need to get in touch with us," she said.

CYSS is also planning to build a small facility that will offer around-the-clock child care. The building will be equipped with bedrooms and showers, Edmund said. A timeline for the construction has not been set.

She also introduced CYSS summer camps and programs, which include camps for children of all ages, a teen apprenticeship program and kindergarten boot camp.

Other items discussed included school liaison initiatives, housing and other on-post construction updates and sports and recreation programs.

Col. Lillian Dixon, garrison commander, and Col. Kevin Shwedo, deputy commanding officer, emphasized



Photo by SUSANNE KAPPLER

Col. Lillian Dixon, garrison commander, addresses attendees of the town hall meeting Tuesday at the Solomon Center. Tuesday's event was the last town hall meeting under Dixon's command.

the importance of town hall meetings and encouraged members of the community to participate.

"The garrison commander and the commanding general really do care about your opinion," Shwedo said. "Without any input or insight we don't have an opportunity

to grow as an installation.

"We want to do what you expect us to do as an installation to become a better, more productive, more supportive community."

Susanne.Kappler1@us.army.mil

Post to host Special Olympics

By **KRIS GONZALEZ**

Fort Jackson Leader

The Fort Jackson community will have the opportunity to witness the true spirit of sportsmanship and athleticism this weekend as nearly 1,000 athletes from around the state travel here to vie for gold.

The 3rd Battalion, 13th Infantry Regiment will host the 2010 South Carolina Special Olympics Games, which begin Friday night and run until Sunday.

The games begin at 5:30 p.m. Friday at the Statehouse steps in Columbia with the 2010 State Law Enforcement Torch Run — "Capital to the Cauldron." About 100 police officers, emergency personnel and athletes will run 7 miles through downtown Columbia to the Solomon Center to light the "Flame of Hope" and launch the opening ceremonies at 7:30 p.m.

Saturday the athletes will compete in one of six sports: aquatics, bowling, softball, track/field, gymnastics and cheerleading.

Bowling fans will be able to cheer on competitors at both Century Lanes and Ivy Lanes on post from 8:30 a.m. to 1 p.m., while softball fans can head to the Hilton Softball Complex from 9 a.m. to 3 p.m. for the softball com-

petition.

The track and field competition will be held at Richland Northeast High School from 8:30 a.m. to 3 p.m., and the gymnastics and cheerleading competitions will be held at All-Star Gymnastics in Columbia from 9:30 a.m. to 2 p.m.

The aquatics competition will take place at the Jeep Rogers Family YMCA at Lake Carolina in Northeast Columbia from 9 a.m. to 2 p.m.

The Young Athlete Program will take place from 11 a.m. to noon at Olympic Village, which will be located in 3-13th company areas.

Athletes and their family members are invited to dine with Soldiers from the 3-13th Inf. Reg. at their dining facility from 4-7 p.m. Saturday. Closing ceremonies and a victory celebration begin at the Solomon Center at 7:30 p.m. Sunday morning, participants are welcome to join the 3-13th again for breakfast and worship services.

Volunteers are needed to facilitate competitions at all sporting venues throughout the games. If you would like to be a volunteer, contact Marilyn Bailey at 751-5444 (for Fort Jackson events) or the South Carolina Special Olympics Volunteer Coordinator Edwina Lassiter at 722-1555 ext. 305.

Kris.Gonzalez1@us.army.mil



Leader file photo

Almost 1,000 athletes are expected to participate in the Special Olympics this weekend.

Post to celebrate Asian-Pacific heritage

By **SUSANNE KAPPLER**
Fort Jackson Leader

In celebration of Asian Pacific American History Month, the Fort Jackson community is invited to a luncheon 11:30 a.m. to 1 p.m., Wednesday at the Solomon Center.

"This year, we're trying to do something a little bit different," said Sgt. 1st Class James Tucker, equal opportunity adviser for the U.S. Army Chaplain Center and School, which hosts the event.

Instead of a catered meal, attendees will have a chance to sample about 70 different menu items from two local restaurants offering Japanese, Korean and Chinese food.

Participants will also have a chance to study a number of educational displays and watch a video about Asian Pacific American history.

The event's guest speaker will be Ike McLeese, president of the Greater Columbia Chamber of Commerce and civilian aide to the secretary of the Army. McLeese will speak on the theme "Diverse Leadership for a Diverse Workforce."

Tucker said that he hopes the event will reduce stereotypes and increase understanding of diverse ethnicities.

"I hope people will look at the theme and look at the dynamics of their units and organizations and recognize the contributions Asian Pacific Americans have made to the



MCLEESE

military and our society," Tucker said.

As an example, he pointed out that workers from China were largely responsible for building the railroad tracks in the West, which helped the nation prosper economically. Tucker emphasized that Asian Pacific Americans have left a mark on all aspects of life in the United States — from sports and entertainment to business and politics.

Asian Americans have also played an important role in military history. Twenty-eight Asian Americans have been awarded the Medal of Honor, 22 for their actions in World War II, and three each for their actions in the Korean War and the Vietnam War.

For tickets, contact your equal opportunity adviser, the Equal Employment Opportunity Office, or your unit representative.

Susanne.Kappler1@us.army.mil

In great company



Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School

First Sgt. Mark Clark, left, president of the Fort Jackson Sgt. Audie Murphy Club, presents Post Command Sgt. Maj. Brian Stall with a certificate after his induction into the club April 20 at Magruder's Pub. Command Sgt. Maj. Tracy Johnson, 3rd Battalion, 34th Infantry Regiment, was also inducted.

DoD uses virtual reality for PTSD, TBI treatment

By **JESSICA MAXWELL**
Army News Service

WASHINGTON— A Humvee slowly drives down a dusty road in Afghanistan and seconds later, an IED explodes off to the right, causing the windshield to crack and the driver to swerve.

Time to press the restart button.

At a recent demonstration, guests at the National Press Club saw first-hand the capabilities of virtual reality in treating Soldiers with post-traumatic stress disorder.

The Defense Department's Centers of Excellence for Psychological Health and Traumatic Brain Injury have begun a pilot program that uses multi-sensory virtual reality to treat Soldiers with post-traumatic stress disorder. The program enables doctors to choose a scenario, customized around a Soldier's personal experience.

Brig. Gen. Loree K. Sutton, director of the program, said she is very hopeful in the use of virtual reality but notes that no one approach will reach out and touch everyone.

"We owe these young Americans our very best," Sutton said. "We know the issues of post-traumatic stress, these unseen wounds of war. If left in silence, they can be the deadliest wounds of all."

Sutton said medical specialists are constantly learning more about treating PTSD and TBI, and how these injuries fit into other types of injuries from war.

"It requires an integrative, team-oriented, inter-disciplinary approach that puts on a par the physical, psychological, moral and spiritual wounds of war," Sutton said. "That's our challenge."

Sutton said it is key to continue breaking down the stigma of seeking help. She said service members must realize that reaching out is an act of courage and strength.

"Stigma is a toxic, deadly hazard that keeps our troops from reaching out," Sutton said.

Dr. Greg Reger, acting chief for the Defense Department's National Center for Telehealth and Technology, Innovative Technology Applications Division, said the virtual reality program can be customized, down to details such as IED attacks, convoys and environment.

Reger explained that when a person encounters something dangerous, a survival program kicks into action, which involves remembering things seen, heard and smelled and the emotions and responses to the event. Reger said these associations live together and when encountered, the survival program reacts, causing anxiety. The natural human response is to avoid future encounters.

"The problem is that it provides short-term comfort, but in the long-run, people give up large portions of their very meaningful life in order to just manage their anxiety," Reger said.

Reger explained the traditional approach to treatment is exposure therapy, which involves the individual (with the guidance of a doctor) confronting the anxiety issues, instead of avoidance.

"A service member would come into my office (after a few sessions), close his or her eyes and tell me about the event that is still troubling them," Reger said.

He said research has shown that individuals that have a high level of emotional engagement respond best to treatment. To increase emotional engagement, virtual reality enables service members to confront these issues, which activates the memory and potentially, treats PTSD.

"Treatment works and it's getting better all the time," Sutton said. "The earlier we can intervene, the better."



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for breaking news, videos and more.

Housing Happenings

COMMUNITY UPDATE

- ❑ Nominations for Yard of the Month may be submitted by calling 738-8275 or via e-mail to cowilliams@bbcgrp.com. Judging takes place the first Monday of each month.
- ❑ Residents who fill out a customer comment card are entered into a monthly drawing for \$100. The March winner is Sgt. Jonathan Howington.
- ❑ Sprinklers are set to run at night in most areas of new housing to prevent interference with children heading to and from school. Residents whose sprinkler activates during the day should call 787-6416 to have the timers changed.
- ❑ Residents in new construction areas are asked to refrain from removing the green foliage that has been planted in the flower beds. Residents are invited to plant additional flowers to add to the existing curb appeal.

DEVELOPMENT UPDATE

- ❑ To date, 111 homes have been completed.
- ❑ Tree harvesting has begun in the senior officer area.
- ❑ Asbestos testing is complete on many Phase II homes and demolition is scheduled to begin shortly. Balfour Beatty Communities will ensure that proper environmental procedures are used to comply with state environmental requirements for handling and abating asbestos-containing materials. The state requirement is to have water continuously sprayed on the building being demolished. This reduces the possibility of unsafe matter being dispersed into the air. In addition, a third-party contractor monitors the air quality before, during and after all abatement and demolition. This ensures that the site is always within state requirements with regard to loose debris. Procedures are in place and are followed to ensure the safety of Soldiers and families in housing.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"



Article submissions are due two weeks before publication. For example, an article for the May 20 Leader must be submitted by today.

Post chaplains host ASIST suicide assistance training

By KRIS GONZALEZ
Fort Jackson Leader

Soldiers know how to protect their battle buddies from the enemy, but how do they help protect their friends, family members or colleagues from the most unsuspecting threat — themselves?

When someone's life has been touched by suicide, it is not uncommon to hear that the person cannot imagine how his or her loved one would be capable of committing suicide; that he or she never would have suspected that person could have done such a thing.

When Staff Sgt. Luis Duran's colleague in Virginia committed suicide a couple of years ago, Duran said he shared that very thought.

"He showed no signs," Duran said of his friend. "He always seemed upbeat to me. He was a good leader in my eyes. I felt terrible when I heard about what he did. It did not seem real."

Duran's colleague was one of "the 20 percent of people who commit suicide who don't leave a note, or give any indication that they're going to do it beforehand," said Chaplain (Maj.) Byron Collins. "But 80 percent of the time, a person in trouble almost always sends signals they are unhappy, having trouble, or are in pain. It's up to us to recognize these signals — these invitations — for us to explore, so maybe we can help this individual to live another day."

This concept, of recognizing signs as invitations to inquire if someone is contemplating taking his or her own life, is something Collins and fellow chaplains teach to first-line supervisors in the Assisted Suicide Intervention Skills Training, the Army's latest course to help Army leaders remain proactive about suicide awareness and prevention.

The Fort Jackson chaplains teach the two-day ASIST program once a month to leaders from various units at different chapels on post.

Through the curriculum, they instruct drill sergeants, platoon sergeants, counselors and other "caregivers" to use the LivingWorks Suicide Prevention Model to "connect," "understand," and "assist" Soldiers.

Participants in the class not only learn how to identify potential suicidal Soldiers but also how to help these Soldiers find reasons to live.

"Hope for life begins with the caregiver," said Chaplain (Lt. Col.) Harry Reed, of the 171st Inf. Bde. "When a person at risk is waving a flag, you as a caregiver must be willing to lend a hand."

"We are hardwired to want to live," Collins said. "When someone gets to the point where he or she is going to commit suicide, he or she has fought against our natural tendency as human beings to keep from harming ourselves."

"As a caregiver, you must explore and ask questions, find out what's going on with them," Collins said. "You may be their last hope."

Chaplain (Capt.) Monica Lawson, 1st Battalion, 61st Infantry Regiment, said, "Do whatever it takes to get a person to realize he or she has a reason to live. Throw him or her a lifeline."

The participants also learned how their attitudes toward the person at risk, and suicide in general, can have an ef-

fect on a person who might come to them for help.

"They're coming to you because they feel in their gut you won't minimize their situation or their feelings," Lawson said. "They trust you. Don't shut them down."

To help the students get comfortable with what they learn, and practice what they should and should not say when faced with the possibility that someone is going to commit suicide, they are instructed to role-play, acting out scenarios such as answering a call at a crisis center, or calming down a man threatening to jump from a bridge.

These leaders learn to be direct, yet caring, and mindful of the commitment it takes from both parties to save the person at risk.

The instructors don't expect everyone who takes the class to remember everything he or she has learned. The students are given wallet sized quick guides, or cheat sheets, to pull out in a similar situation.

"What might seem awkward may actually be a great way to break the ice and earn the trust of the person at risk," Reed said about using the cards.

"Every situation may be different, so we can't use a canned plan to reach everybody," he said. "You need to

get creative, think outside of the box.

"The most important thing to do may be just to say 'I'm here. Will you let me help you?'"

Duran said he really appreciated taking the class in light of his experiences with suicide. He said he left the training feeling more confident knowing that he could possibly save someone's life.

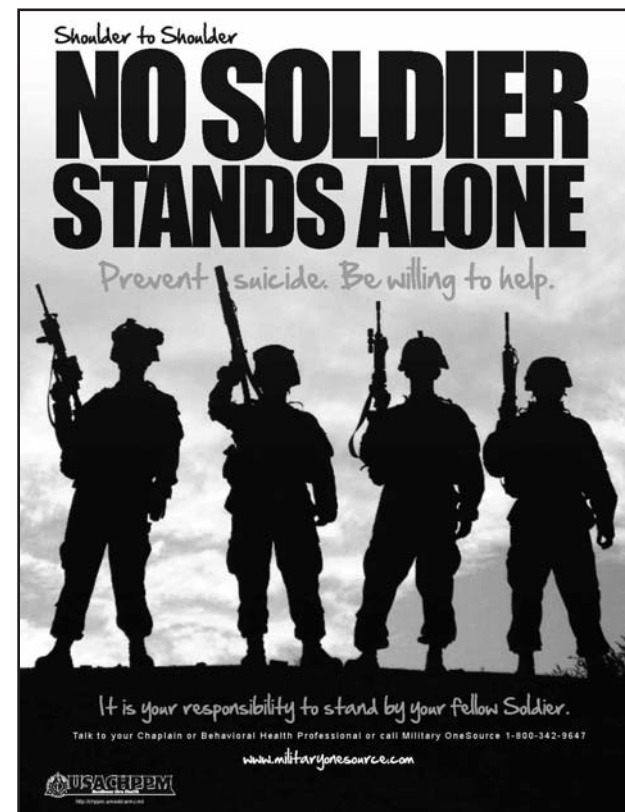
"Before this training, all I knew was if someone makes a threat, to send them to the chaplain," Duran said. "Now I know I can do much more, and I am able to set a plan in motion prior to getting outside help."

For more information or to participate in ASIST training, contact the Installation Chaplain's Office at 751-3121.

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“ The most important thing to do may be just to say, ‘I’m here. Will you let me help you?’ ”

— Chaplain (Lt. Col.) Harry Reed
171st Infantry Brigade



Chaplain schools set tone for cooperation

Continued from Page 1

doing so well that the other (service) is. With some humility and servant attitudes we really started comparing notes."

The exchange of information among chaplains from the three services quickly took off, Keith said.

"In a very synergistic way, we started immediately seeing the good of simply being in the same location, because communication became so much easier," he said. "It allowed us to build a relationship with these fellow ministers who happen to be doing their ministry in the Army, Air Force and Navy."

The initial reason for co-locating the three services' chaplain schools was to save costs, but training in the same location will be beneficial for chaplains who will deploy or work in a joint environment, said Army Chaplain (Col.) Samuel Boone, commandant of the USACHCS.

"We're going to have a new understanding of each other's way of operating," Boone said. "So you don't have to learn it the first day you hit the ground in Afghanistan. Our new chaplains will leave here with an understanding of how our sister services operate, how you request (of) them to give you support."

For the Navy, the move also marks the first time that chaplains and religious program specialist are trained in the same location, said Navy Chaplain (Capt.) Michael Langston, commanding officer of the



KEITH

NCSC.

"In our chaplain corps history, chaplains and RPs have never been trained together," Langston said. "Now, I train the chaplain and the RP right alongside

each other. So the chaplain understands what the skill sets of the RP are, and the RP understands what the skill sets of the chaplain are."

Although the three schools remain separate entities, being co-located creates opportunities for students to train together. The potential for 44 hours of shared training has been identified for chaplains, and additional shared training is in the planning stages for Army chaplain assistants and Navy RPs, Keith said.

In addition, the three service schools share worship labs, a 300-seat auditorium and subject-matter experts who visit the AFCC for guest lectures.

In the long run, Keith said he expects that being in the same location will improve the education provided by the three service schools.

"We think the education is going to be much better ... because as we compare



LANGSTON

strengths and weaknesses and work together, we find a synergistic effect that is already making a difference in the level of our education," he said.

However, being on an Army installation also has drawbacks for members from other services, Langston said.

"All of our training took place in a Navy-centric environment where we put all of our officers and enlisted (personnel) through what we call the sailorization process," Langston explained. "The issue that we had when we moved from Newport, R.I. to Fort Jackson was that we located to an Army-centric post. The reception here has been great, and we've been accommodated in all of our needs, but when our chaplains and RPs are going through their training and they step outside their training environment ... they run into a Soldier and that sailorization process doesn't continue."

Langston said that new chaplains and RPs visit Navy, Coast Guard and Marine Corps installations in Florida and South Carolina during their training here to continue the sailorization process.



BOONE

Both Keith and Langston expressed gratitude for the way they have been received on an Army installation by members and leaders of the Fort Jackson community.

"They might not understand us," Langston said. "We do things a little different, and we wear a different uniform, but they have really accommodated our needs. And I am so proud of how they have done that. And I'm thankful. We've been blessed."

Langston said that the AFCC can serve as a model of cooperation between the services.

"We will show the Department of Defense that it can be done, that we are collegial, we have strong relationships and that we can work together," he said. "My sincere hope is that we will fully come to understand that we're one team. And that we're not only colleagues in the Army or the Air Force or the Navy, but we're colleagues as one entity serving our country."

More than 2,700 chaplains, chaplain assistants and religious program specialists will be trained annually at the center.

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Memorial ride

Members of the South Carolina Combat Veterans Motorcycle Association, sponsor the America's Heroes Benefit Run in memory of Capt. Tony Brannon, who died in January in a car accident. The event was attended by several motorcycle clubs and raised money for various veteran groups. Participants met at Fort Jackson National Ceremony for a remembrance ceremony before the ride to Lexington. The event was attended by the Brannon family and members of the 3rd Battalion, 34th Infantry Regiment.

Photo by MIKE NYE, 3-34th



Watch Fort Jackson videos at
<http://www.vimeo.com/user3022628>

Post honors military ‘super’ spouses

I love action movies. More specifically, I love superhero flicks. Batman, X-Men, Superman, Ironman — I’ve seen them all. One thing I have noticed, however, is no matter the extent of the super powers, each hero has a weakness. What will Gotham City/Metropolis/New York do if Batman’s gadgets break, Superman encounters Kryptonite or Spiderman can’t throw his web?

I thought about all this last week when I woke up with a sore throat and pounding headache, which soon progressed to body aches. I felt as though someone had put Kryptonite in my Cheerios. And yet, I got up, got dressed, fed the baby and dragged myself into work, armed with a few bags of tea, honey, an electric kettle and the strongest non-drowsy meds I could find.

As spouses, we often live the type of lives that sometimes make people think that we must tuck our capes into our skirts (or trousers) before heading to work or settling into a day of back-to-back activities for the children each day. Who else but a superhero could work a full-time job, shuttle the children back and forth to music lessons and volunteer as a scout leader, all while providing a hot meal every — all right, most — nights. (Just for clarification, “hot meal” also includes pizza, both ordered and frozen, as well as other forms of take out. It’s hot, isn’t it?)

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



For many of us military spouses, that is amplified; we also have to attend Family Readiness Group meetings, plan bake sales, get ready for balls and anything else the Army may throw at us. We deal with deployments, long hours and missed vacations. And in between all of that, we have to find time for ourselves.

With only one child, one full-time job and one husband, I feel as though I have it easier than many of the spouses I encounter on a day-to-day basis. I am in awe of these Superwomen and Supermen; these women (and men) who hold down the fort while their Soldiers are at work or deployed; these spouses who somehow make it to each child’s ballgame and each battalion sports day, ready

with a tray of snacks and a smile. These are spouses who epitomize the moniker, “Household 6.”

Sometimes, it seems that our hard work goes unnoticed. And though we don’t do what we do out of recognition, it is nice to get a pat on the back every now and then.

Tomorrow, Fort Jackson’s Army Community Services is giving spouses a pat on the back in the form of a Military Spouse Appreciation Day drop-in 11:30 to 1 p.m., at the Family Readiness Center. Many commanders often talk about how difficult a job it is to be a military spouse; and many even acknowledge that despite their best efforts, there is no possible way to give an award or recognition comparable to the sacrifices spouses make for their Soldiers each day. Tomorrow’s drop-in, which includes door prizes and refreshments, is just a small way for Fort Jackson to show appreciation for the hard work and dedication of the post’s military spouses.

So, spouses, if you can, take some time for yourself and stop in and allow yourself to be honored on Military Spouse Appreciation Day, which is, incidentally, two days before Mother’s Day.

You don’t even have to wear your cape.

Editor’s note: Crystal Lewis Brown is editor of the *Fort Jackson Leader* and an Army spouse of five years.

Family Happenings

PARENTING POTLUCK

A Lunch and Learn Parenting Potluck is scheduled for 11 a.m. to 12:30 p.m., today at 5615 Hood St. Call 751-5256 for information.

GOLD STAR FAMILIES

The Gold Star Families Organization Meeting is scheduled from 10 a.m. to 3 p.m., May 15 at the Family Readiness Center, 3499 Daniel St. Call 751-5256 or e-mail ftjackson_acs@conus.army.mil for information.

MOTHER’S DAY AT THE PX

Children can stop by Cinnabon at the Main PX Food Court 10-11:30 a.m., Saturday to decorate a special

cupcake for Mom.

PLAYGROUP

Join other parents and their children, at Playgroup, 10-11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5-6:30 p.m., Wednesday. Call 751-5256 for information.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jcst143@univision.com or lizperlataina@yahoo.com for information.

PARENTS’ NIGHT OUT

Need a night off? Don’t forget to take advantage of the Parents’ Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required. Call 751-1970/1972 for details.

4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

Visit <http://jackson.mhsoftware.com/> for a full listing of on-post calendar events.

CALL FOR SUBMISSIONS

The *Fort Jackson Leader* wants to hear from military spouses. The *Leader* is inviting submissions (questions, commentary, etc.) from or about spouses.

The *Leader* also welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your all submissions to FJLeader@conus.army.mil.

Article submissions are due two weeks before the scheduled publication. For example, an article for the May 20 *Leader* must be submitted by today.

Announcements and letters are due one week before the scheduled publication. For example, an announcement for the May 20 *Leader* must be submitted by May 13.



ACS program helps spouses find jobs

I'm new to Fort Jackson and am really worried about finding a job. What is there on post to help me find one?

One great resource is the Army Spouse Employment Partnership. The purpose of this partnership between the Army and off-post companies is to provide jobs for spouses. Next week, Fort Jackson's Employment Readiness Program is hosting an ASEP Awareness Fair to link eligible spouses with these companies. The event, which will have about 15 companies represented, takes place 9 a.m. Tuesday at the Main Post Chapel. Participants must arrive between 8:15-8:45 a.m., and are encouraged to bring resumes. Call ERP at 751-4862 to reserve a space.

The ASEP Awareness Fair is one of the many services offered by the ERP. Each

month, there are numerous classes aimed at helping spouses, and other family members find jobs.

Classes include: a Careers-on-the-go/work from home seminar; Career Opportunities for Military Spouses; a resume writing/interviewing skills class; and a Steps to Federal Employment class.

ERP is also the place to go for details on the executive order passed last year that gives military spouses non-competitive appointment eligibility.

To get started on your job search, call the Employment Readiness Program at 751-4862/5256.

Editor's note: Fort Jackson's Employment Readiness Program is located on the second floor, Room 223 in the Strom Thurmond Building. Computers, typewriters,

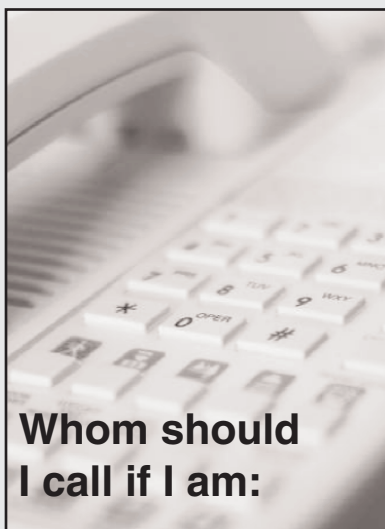


fax machine and employment books are available to clients for preparing a resume, cover letter and on-line job search.

Visit http://fortjacksonmwr.com/acs_emp for job search links, the ERP training schedule and more.

Balancing Act questions

Have a question about something that has you stressed? E-mail your question to FJleader@conus.army.mil. Be sure to put "Balancing Act" in the subject line and include contact information. Contact information will not be publicized.



Whom should I call if I am:

Concerned about my health insurance coverage?

TRICARE Service Center
MACH, 751-2123/2425/2778

Looking for spiritual support?

Family Life Center
Main Post Chapel, 751-5780

Looking for a job?

Employment Readiness Program

Strom Thurmond Building, Room 223, 751-4862

Looking for child care?

Child, Youth and School Services
Joe E. Mann Center, 751-4865/4824

Leaving the Army?

Army Career and Alumni Program,
Building 4600, Room A200, 751-4109

Having trouble balancing the family budget?

Financial Readiness Program
Strom Thurmond Building, Room 223, 751-5256

Looking for an off-post school?

School liaison officer, 751-6150

Having mental health problems?

Community Mental Health Services
McWethy Troop Clinic, 751-5183.

Being abused?

Family Advocacy Program
Strom Thurmond Building, Room

218, 751-6325

Married to a deployed Soldier?

Mobilization and Deployment
Family Readiness Center, 751-7220

In legal trouble?

Legal assistance office
9475 Kershaw Road, 751-4287

Trying to lose weight?

Family and Morale, Welfare and
Recreation Fitness Department
Joe E. Mann Center, 751-5768

PCSing?

Relocation and Referral Services
Strom Thurmond Building, Room 223, 751-1124

Interested in learning more about the military?

Army Family Team Building
Family Readiness Center, 751-6315

Please e-mail [FJleader@conus.](mailto:FJleader@conus.army.mil)

army.mil to add your on-post agency to this list.



Visit Military OneSource.com for information on education, relocation, parenting, stress and more.

This free service is available by phone or online for active duty, Guard and Reserve Soldiers, along with their family members.



Photos by KRIS GONZALEZ

Above, Breanna Lofton, 7, speaks through a police car public announcement system at Fort Jackson's annual Bike Rodeo last week.

Right, Sgt. Christopher Duncan, a Fort Jackson police bike patrol officer, does a maintenance and safety check on 5-year-old Victoria Noel's bike as she looks on.



Cowboys and bulls? Not at this rodeo



Jace Smith, 4, maneuvers his bike through the bicycle confidence course during Saturday's annual Bike Rodeo at Semmes Lake. Smith, along with Victoria Noel, won one of two new bikes given away that day.

Annual Bike Rodeo teaches bike safety, maintenance

By KRIS GONZALEZ
Fort Jackson Leader

About 200 children, 15 and younger, die annually in this country from bicycle-related injuries.

Nearly 9,000 more children are hospitalized, while another 344,000 are treated and released from emergency departments, according to the Children's Safety Network National Injury and Violence Prevention Resource Center.

To lessen the incidence and severity of bicycle related injuries among Fort Jackson's youth, the Directorate of Emergency Services and the Child, Youth and School Services, in conjunction with the Columbia Police Department Bike Patrol, hosted a bike rodeo Saturday to educate children about everything they need to know before going for a ride.

Taking proper care of a bike and knowing the rules of the road were things children like 13-year-old Kariana Rodriguez and her 4-year-old brothers, Elvin and Orlando, learned as they practiced their bicycle safety skills.

The twins had come prepared with train-

ing wheels and orange safety flags mounted to their bikes. More importantly, they were wearing safety helmets.

"We don't ride our bikes without a helmet," said Cpl. Lionel Brown, a Fort Jackson police officer. "So we don't want kids to ride without helmets either."

"It's for your protection," Brown said to about two dozen children as they waited to have their bikes inspected by Sgt. Christopher Duncan, NCOIC of Fort Jackson's bike patrol.

Once they got the go-ahead, the children lined up to weave around cones on a bicycle confidence course designed to simulate actual road conditions.

"It was great for the kids to watch other kids ride along the obstacle course and to see that everyone, not just the bike patrol, wears a helmet when they ride," said family member Dani Fitzhugh, who brought her daughter Kathryn, 5, and her son Charles, 7, to the rodeo.

In addition to the bike safety stations, Richland County's Community Action Team and Richland County's D.A.R.E. gave demonstrations. Fort Jackson firefighters were on hand to show children of all ages the post fire engines, including a mini model of a real home that simulates a blaze and fills with smoke.

The children also had the chance to win prizes, including bike helmets and two brand new bikes.

Kris.Gonzalez@us.army.mil

News and notes

MILITARY SPOUSE APPRECIATION

A Military Spouse Appreciation event is scheduled from 11:30 a.m. to 1 p.m., Friday, at the Family Readiness Center. Spouses may drop in at any point throughout that time. Door prizes will be handed out and refreshments will be served.

CASE LOT SALE

The commissary case lot sale is scheduled for 8 a.m. to 5 p.m., May 14-15. Visit www.commissaries.com for more information.

SPECIAL FORCES RECRUITING

The U.S. Army Special Forces is seeking enlisted and officer volunteers during a visit 11:30 a.m. to 2 p.m., through Friday, at the NCO Club. Soldiers from any MOS are encouraged to attend.

SUMMER NUTRITION PROGRAM

The Seamless Summer Nutrition Program will take place June 14 through July 16 at the C.C. Pinckney Elementary School cafeteria and the Balfour Beatty Community Center, 520 Brown Drive. Meal times will be 11:30 a.m.-12:30 p.m.

INFANT MEDICINE RECALL

Several over-the-counter childrens’ and infants’ liquid medicine products are being voluntarily recalled. Products include various Tylenol infant and children’s medicine, Motrin infant and children’s medicine, Children’s Zyrtec and Children’s Benadryl. Some of the products included in the recall may contain a higher concentration of active ingredients than is specified; others may contain inactive ingredients that may not meet internal testing requirements; others may contain tiny particles.

Moncrief Army Community Hospital has removed the recalled products from their inventory. Generic versions not affected by the recall are still available. A full list of recalled products is located at www.mcneilproducts.com.



May 6 — 2 p.m.		
Alice in Wonderland	PG	109 min.
May 6 — 5 p.m.		
Iron Man 2 free screening	PG-13	107 min.
May 7 — 4 p.m.		
Hotel for Dogs	PG	100 min.
May 7 — 6 p.m.		
Hot Tub Time Machine	R	100 min.
May 8 — 2 p.m.		
How to Train your Dragon	PG	98 min.
May 9 — 2 p.m.		
Diary of a Wimpy Kid	PG	92 min.
May 13 — 2 p.m.		
How to Train your Dragon	PG	98 min.

Fort Jackson Reel Time Theater
(803) 751-7488
Closed Monday, Tuesday and Wednesday

Ticket admission
ADULTS \$4
CHILDREN (12 and younger) \$2
Visit aafes.com for listings



U.S. Coast Guard photo by Petty Officer 3rd Class CASEY J. RANEL

Crew members aboard the Coast Guard Cutter Oak, a 225-foot buoy tender, prepare to assist with the Deepwater Horizon oil spill in Pensacola, Fla., Monday. The Oak is homeported in Charleston.

DoD approves Guard help for Gulf of Mexico oil spill

By **DONNA MILES AND JAMES GARAMONE**
Army Forces Press Service

WASHINGTON — Defense Secretary Robert M. Gates has given verbal approval to the governors of Alabama, Mississippi and Florida for Title 32 status for National Guardsmen to help to combat the oil spill in the Gulf of Mexico.

The requests are in addition to Louisiana Gov. Bobby Jindal’s request for up to 6,000 National Guardsmen to be covered under Title 32 authority that the secretary approved this week, Pentagon spokesman Marine Corps Col. David Lapan said.

Alabama requested up to 3,000 Guardsmen, Mississippi requested 6,000 and Florida requested up to 2,500. Louisiana has employed about 1,200 Guardsmen on Title 32 status, and they are providing command-and-control and sandbagging assistance in St. Bernard and Plaquemine parishes. Guardsmen possibly could be used in communications, logistics, transportation, assessment, medical, aviation support and shoreline clean-up, Lapan said.

Once the secretary gives approval for the Guard units to operate under Title 32 authority, “what puts them into action are requests from the on-scene federal coordinator,” Lapan said.

Most of the 1,200 Louisiana Guardsmen are from the 225th Engineer Brigade with headquarters in Pineville, La. However, many of the volunteers are from the brigade’s battalions located throughout the state, said Army Col. Mike Deville, state public affairs officer.

All Guardsmen are receiving Occupational Safety and Health Administration training as they come on duty to deal with contaminants when and if they come ashore.

The Guardsmen have pre-positioned a package of engineering and logistics equipment to be able to respond as quickly as needed, and they’ve helped the Coast Guard load

booms on boats for deployment. They also are running aviation missions not only to provide reconnaissance of the oil slick, but also to ensure that boom equipment hasn’t shifted position, officials said.

The oil slick has not reached shore yet, said Air Force Gen. Craig McKinley, chief of the National Guard Bureau here.

“We have a good construct to operate in,” McKinley said during a Defense Writers Group breakfast this week. The Coast Guard is the lead federal agency in the crisis, and National Guard leaders in the region have a good working relationship with the service, McKinley said.

Title 32 authority means the Guardsmen continue to work for the governors of the states, McKinley said. “It also gives the federal government the opportunity to recover the funds through the Oil-Spill Recovery Act,” he said.

The general said Jindal has indicated he will pre-position forces so he can react if the spill comes ashore. The pre-positioning will allow authorities to “get the needed people and equipment from the civilian agencies to the scene quickly and rapidly so we can assist BP and the other oil companies — who are taking a very proactive response,” McKinley said.

“We’ll be part of that community-based force that knows the roads, knows the back roads, knows the estuaries and knows the parish leadership,” he added, “and get the real experts to the scene, secure the site, set up relief efforts to feed people [and] to do the kinds of things a large relief operation will require.”

The Louisiana National Guard still has the high-water vehicles that were used in Hurricane Katrina relief operations, and the state has learned a lot since that catastrophe in 2005, the general noted.

“There has been marked improvement since Katrina in how the state of Louisiana attacks a problem like this,” McKinley said.

COMMUNITY SNAPSHOTS



Top employees

Col. Lillian Dixon garrison commander (top left), and Garrison Command Sgt. Maj. Christopher Culbertson (far right) presented 11 employees with certificates and a \$250 cash award during the Employees of the Quarter recognition Tuesday at the Solomon Center. The Employees of the Month for March are Carol Lamb, AAFES and Jada Burrell, Directorate of Contracting. The Employees of the Month for April are Tracey Brown, Randy Barton, Pamela Kenney and Merryl Christopher, all with the Directorate of Planning, Training, Mobilization and Security. The Employees of the Month for May are Harold Ruth, Eric Gibeaut, Aretha Williams, Calvin Yates and Nicholas Floyd, all with the Network Enterprise Center.

Photo by SUSANNE KAPPLER

ROCKS honor

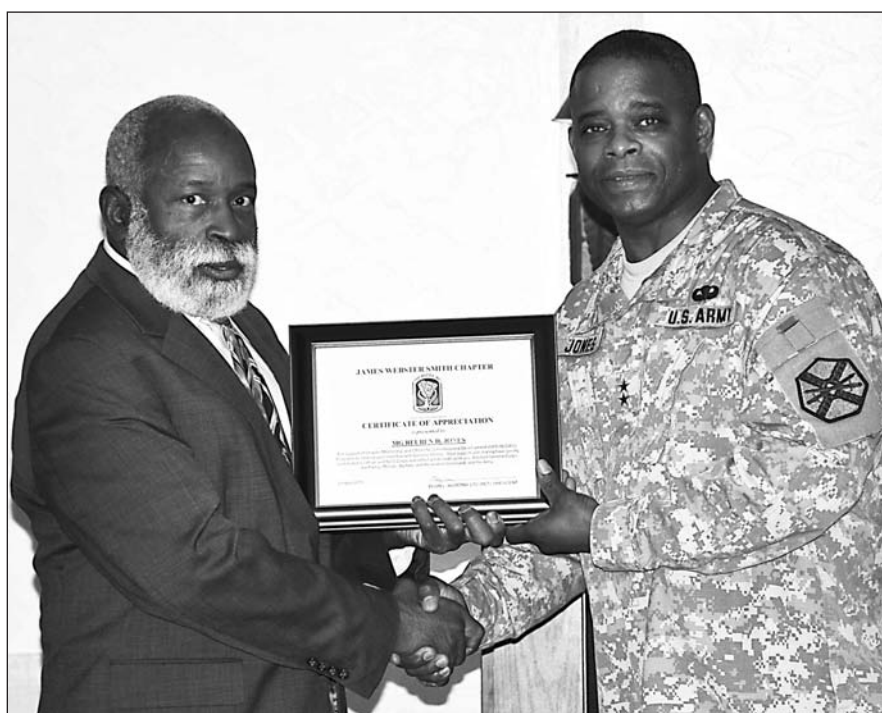


Photo by CAPT. JAMIL BROWN, 187th Ordnance Battalion

Maj. Gen. Reuben Jones, commanding general of the Family and Morale, Welfare and Recreation Command, is presented a certificate of appreciation by Elgin Allmond, local ROCKS Inc. chapter president, after speaking at the group's meeting April 29 at the NCO Club.

Graduation



Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School

Chaplain (Lt. Col.) Bart Physioc, right, installation chaplain, receives his certificate as a graduate from the U.S. Army Chaplain Center and School lieutenant colonel course from Chaplain (Col.) Samuel Boone, USACHCS commandant, Friday.

Saluting this cycle's Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Pearl Welch
Company A
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Devin Mullins

SOLDIER OF THE CYCLE
Spc. Ryan Roeter

HIGH BRM
Pfc. Cosdyn Akers

HIGH APFT SCORE
Pfc. Nicholas Mayenschein



Sgt. 1st Class
Jamus Patrick
Company B
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Donna Grady

SOLDIER OF THE CYCLE
Pfc. Ruben Sanchez

HIGH BRM
Pvt. William Caldwell

HIGH APFT SCORE
Spc. Andrew Shoup



Staff Sgt.
Otis McCraw
Company C
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Melissa Taylor

SOLDIER OF THE CYCLE
Pvt. Justin Salas

HIGH BRM
Pvt. Zachary Taylor

HIGH APFT SCORE
Pvt. Eric Garcia



Staff Sgt.
Dearonne Bethea
Company D
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Lindsey Fowler

SOLDIER OF THE CYCLE
Spc. Nicholas Blau

HIGH BRM
Pvt. Joshua Murphy

HIGH APFT SCORE
Pfc. Nicholas Selken



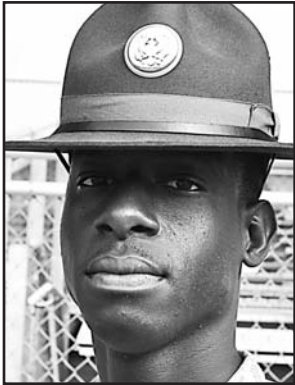
Staff Sgt.
Anitra Randall
Company E
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Bryon Holmes

SOLDIER OF THE CYCLE
Pvt. Samuel Conolly

HIGH BRM
Pvt. Nathan Pryor

HIGH APFT SCORE
Pfc. Makoto Ichikawa



Staff Sgt.
Keslet Cineas
Company F
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Brian Yapple

SOLDIER OF THE CYCLE
Spc. Braden Hunter

HIGH BRM
Pvt. Matthew Cox

HIGH APFT SCORE
Pfc. Michael Hillsman

SUPPORT AWARD OF THE CYCLE

STAFF SUPPORT AWARD Spc. Brittany Parker	TRAINING SUPPORT AWARD Ernest Bostic	SERVICE SUPPORT AWARD Lewis Evans	DFAC SUPPORT AWARD Wesley Anderson	FAMILY SUPPORT AWARD Tia Grim
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Upcoming ceremonies

CHANGES OF COMMAND

- ❑ 2nd Battalion, 345th Regiment: Lt. Col. Robert Thrasher will relinquish command to Lt. Col. Nikki Griffin Olive, 10 a.m., Friday, at the Floyd Spence Reserve Center.
- ❑ 2nd Battalion, 39th Infantry Regiment: Lt. Col. Collin Fortier will relinquish command to Lt. Col. Glenn Blumhardt, 9 a.m., May 18, at the Officers' Club.
- ❑ 2nd Battalion, 307th Field Artillery Regiment: Lt. Col. Richard Howard will relinquish command to Lt. Col. Michael Angell, 9:30 a.m., May 21, at the 157th Infantry Brigade headquarters.
- ❑ U.S. Army Chaplain Center and School: Col. Samuel Boone will relinquish command to Col. David Smartt, 2 p.m., May 26, at the Solomon Center.
- ❑ 157th Infantry Brigade: Col. Timothy Vuono will relinquish command to Col. David Bushey, 10 a.m., June 1, at the Officers' Club.
- ❑ 3rd Battalion, 60th Infantry Regiment: Lt. Col. Alan Deogracias will relinquish command to Lt. Col. John Allen, 9 a.m., June 3, at the Officers' Club.
- ❑ 1st Battalion, 34th Infantry Regiment: Lt. Col. Daniel Beatty will relinquish command to Lt. Col. Quincy Norman, 9 a.m., June 9, at the Officers' Club.
- ❑ Moncrief Army Community Hospital: Col. Nancy Hughes will relinquish command to Col.

- Ramona Fiorey, 9 a.m., June 15, at MACH.
- ❑ USABCToE: Brig. Gen. Bradley May will relinquish command to Maj. Gen. James Milano, 9 a.m., June 16, at the Officers' Club.
- ❑ 193rd Infantry Brigade: Col. Brian Prosser will relinquish command to Col. Drew Meyerowich, 9 a.m., June 24, at the Officers' Club.
- ❑ Garrison: Col. Lillian Dixon will relinquish command to Col. James Love, 10 a.m., June 25, at Post Headquarters.
- ❑ 171st Infantry Brigade: Col. Karl Reed will relinquish command to Col. George Donovan, 9:30 a.m., July 9, at Darby Field.
- ❑ Training Support Battalion: Lt. Col. Lawrence Anyanwu will relinquish command to Lt. Col. Sula Irish, 8 a.m., July 12, at the Officers' Club.

CHANGES OF RESPONSIBILITY

- ❑ 165th Infantry Brigade: Command Sgt. Maj. Sean Watson will relinquish responsibility to Command Sgt. Maj. Dwight Dooley, 10 a.m., June 1, at the brigade headquarters.
- If any of the information changes, please send updates for changes of command and changes of responsibility to FJLeader@conus.army.mil or call 751-7045. The *Leader* covers changes of command and responsibility for battalion-level or higher organizations only.

BOSS SOLDIER OF THE MONTH



FRANCO

Pfc. Cecilia Franco, a supply specialist with Company B, 3rd Battalion, 34th Infantry Regiment is the Better Opportunities for Single Soldiers Soldier of the month for April. In addition to being active in the BOSS program, Franco volunteers at Dorn VA Hospital.



Follow the Fort Jackson Leader on Twitter at <http://twitter.com/FortJacksonPAO>

Check us out for breaking news, videos and more.

May Promotions

Name	Rank	Name	Rank	Name	Rank
CARTER, Rebecca	COL	ROOKS, David S.	1LT	SCHOMAKER, David M.	SFC
JAMES, Thomas L.	COL	SIMMONS, Delilah	1LT	SEASTRUMMORRIS, Charissa S.	SFC
BELL, Jason M.	LTC	STEVENS, Joshua E.	1LT	WELLS, Pleasant F.	SFC
CHANCELLOR, Scott T.	LTC	ALFORD, Marcus L.	MSG	WRIGHT, Aubrey L.	SFC
DUNLOP, Matthew W.	LTC	ELLIS, Eugene Jr.	MSG	BECKER, Kevin C.	SSG
POVICH, Timothy J.	LTC	KIRK, Loren A. III	MSG	BENJAMIN, Bryan	SSG
SIMMONS, Terry L.	LTC	MARTIN, Shawn S.	MSG	BERGMANN, Matthew	SSG
BLACK, William C.	MAJ	BERNDT, Joshua L.	SFC	BEVERLY, Andrew	SSG
WILSON, Jon C.	MAJ	BROOKS, Stephanie B.	SFC	BRADLEY, Gregory	SSG
BELL, Patrick A.	CPT	CARO, Gilberto P.	SFC	BROWN, Alexander	SSG
BOWMAN, Tysalaam K.	CPT	CLARKE, Shula M.	SFC	CASWELL, Coland	SSG
BURCH, William D.	CPT	DELONG, James R.	SFC	ENGLAND, Christie	SSG
BYRD, Thomas N.	CPT	DONIGAN, Peter P.	SFC	GONZALEZ, Arnold	SSG
CRAWFORD, Robert J.	CPT	ELLISON, Antonio D.	SFC	HACKETT, Marangely	SSG
EIDEM, Aaron J.	CPT	FEENEY, David F. Jr.	SFC	HANSEL, Christina	SSG
FULP, Roney D.	CPT	FRANKLIN, Jihad B.	SFC	JOHNSON, Aloysia	SSG
GUILLENTERRERO, Alberto	CPT	FREDERIKSEN, Matthew E.	SFC	JONES, Andrew J.	SSG
GUZMANBONANO, Jose A.	CPT	GRIZZLE, Robert M.	SFC	LAND, Jonathan	SSG
KENNEDY, Dawn M.	CPT	HILBY, Jeffrey C.	SFC	NYE, Stephanie A.	SSG
MARAAGOSTA, Ediberto	CPT	HILL, Tonya D.	SFC	SLATER, Edmika D.	SSG
MYERS, Vincent W.	CPT	IKEGWUONU, Crystal L.	SFC	STACHURA, Sara M.	SSG
BRADLEY, Anthony A.	1LT	JAMES, Shervonne R.	SFC	STEWART, Michael	SSG
BROWN, Tauesha D.	1LT	JONES, Nicholas J.	SFC	TORRES, Luis A.	SSG
COBB, Lynda J.	1LT	MACDONALD, Jerome D.	SFC	HENDERSON, David	SGT
DIXONTHOMPSON, Karee N.	1LT	MANCILLA, Nena G.	SFC	TERTULIEN, Yvenson	SGT
DOVE, Calvin E. III	1LT	MARTINEZRANGEL, Gilberto	SFC	WASHINGTON, Donell P.	SGT
HARRY, Joy L.	1LT	MILES, Bryan M.	SFC		
MARABLE, Constance E.	1LT	RODRIGUEZ, Antoinette L.	SFC		

Don't let a heat injury take you out of the fight



- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets.
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:
Cell phone users: 803-751-9111.
Alternate 1: Range control via radio.
Alternate 2: Range control at 751-7171/4732.
Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:
At the first sign — every time.

Calendar

Today
National Day of Prayer
11:30 a.m. to noon, Main Post Chapel

Friday
Military Spouse Appreciation Day
11:30 a.m. to 1 p.m.,
Family Readiness Center
Fort Jackson will recognize Military Spouses’ Day with a drop-in. There will be door prizes and refreshments.

SPVA cookout
Noon to 3 p.m., Perez Fitness Center
Sponsored by the Southeastern Paralyzed Veterans of America. Call 629-5589, 782-2587 or 348-0833 for information.

Wednesday
American Red Cross Luncheon
11 a.m. to 12:30 p.m.
The theme is “American Red Cross: Down the street. Across the country. Around the world.” Call 751-4329 for information.

Friday, May 14
EFMP Talent Show
6 p.m., Solomon Center

Saturday, May 15
Armed Forces Day 5K/10K Walk, Run
7:30 a.m., Hilton Field Softball Complex
Registration for the race begins at 6:45-7:15 a.m., with a warm-up from 7:15-7:30. The race begins at 7:30 a.m. Call 751-3096.

Saturday, May 22
8K Volksmarch
9 a.m., Solomon Center
The walk, hosted by Fort Jackson’s Army Public Health Nurses, starts and finishes at the Solomon Center. Call 751-5251 or *Kenneth.Cobb@amedd.army.mil*.

Tuesday, May 25
Civilian employee focus group
8 a.m. to noon, Family Readiness Center
Call 751-4926 or e-mail *Dennis.Ramirez2@us.army.mil* to register. Register by May 21.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Wednesday
Neighborhood Watch meeting
4 p.m.

Thursday, May 6
Fitness challenge
4 p.m.
Join in every Thursday for a workout, optional weigh-in and fun with the girls.

Tuesday, May 11
Junior paleontologist adventure
3 p.m., Community Center playground
A prehistoric adventure of dinosaur bones,

dinosaur egg hunt and more. Space is limited; RSVP is required.

Tuesday, May 18
Neighborhood Huddle
5:30 p.m.
A forum to discuss housing-related issues, concerns or comments.

Thursday, Wednesday 20
Neighborhood Huddle
10 a.m.
A forum to discuss housing-related issues, concerns or comments.

Announcements

NEC CLOSURE
The U.S. Army Signal Network Enterprise Center will be closed from 9 a.m. to 4:30 p.m., Friday. Only emergencies and unique mission requirements will be serviced that day. Call 751-4632/3646/5333 for emergency service during that time.

187TH SPRING BALL
The 187th Ordnance Battalion Spring Ball is scheduled for 6:30 p.m., May 22, at the Marriott Hotel and Resort. The theme is “Spring toward a new beginning.” Formal attire required for civilians. Call 751-5161/4098 for ticket information and prices.

FMWR SCAVENGER HUNT RIDE
The Family and Morale, Welfare and Recreation Fitness Department and the Solomon Center are conducting a Scavenger Hunt Bike Ride at 8 a.m., May 22 for those 18 and older. Each rider will be given a map and three hours to collect all items on the list. The fee is \$10 for those who need to borrow a bike and helmet. Visit *www.fortjacksonmwr.com* for more information or to download a flyer. Registration will be at the Solomon Center. Call 751-5768 for information.

FCC PROVIDERS TRAINING
Fort Jackson Child, Youth and Schools Services is currently seeking Family Child Care providers. The next Family Child Care orientation training is scheduled for May 10-14. Applications must be turned in by Friday.

The FCC program offers employment for military spouses who enjoy working with children. FCC providers who can accept children younger than 2 are especially needed. FCC providers must be: living in government quarters on post, or be a Department of Social Services registered off-post provider. An amnesty program is available for those who are providing child care on post but are not certified.
Call 751-6234 for information.

TRANSITION CLASSES
Transition classes are geared toward any Soldier who deployed during OIF/OEF. The class meets 6-7:30 p.m., each Tuesday, in the Moncrief Army Community Hospital staff conference room. The class is geared toward helping

Soldiers transition from life in the combat zone. Call 751-5911 for information.

USACHCS LIBRARY HOURS
The U.S. Army Chaplain Center and School is open to military ID cardholders and their family members. The library is open 7:30 a.m. to 4:30 p.m., Monday through Friday, and contains numerous religious texts for patron use. The library also has 25 computers to provide e-mail and an online library catalog.

ARMY HOOAH RACE
Registration for the ninth annual Army Hooah Race is now open through June 10. The June 12 race marks the Army’s 235th birthday, as well as the final race in the metro Atlanta area. Race events include a 5K walk/run, 10K run and 100-yard Tot Trot (ages 10 and younger). Register online at *www.armyhooahrace.army.mil/armyhooahrace*. Mail-in registration forms are also available at the site. The 5K starts at 7:30 a.m. at the East Point Library. The 10K starts at 8 a.m. at the Georgia International Convention Center in College Park. The Tot-Trot starts at 9 a.m. at Fort McPherson’s Hedekin Field.

TRANSPORTATION BENEFITS
The Mass Transportation Benefits Program provides non-taxable personnel benefits of up to \$230 per month for mass transit commuting costs. Qualified means of transportation include commuter bus. Interested employees must submit a completed and signed Mass Transportation Benefit Program application and a Commuter Expenses Calculation worksheet to the Patti Thornall. Call 751-4392 or e-mail *Patti.Thornall@us.army.mil* for in-

formation.

POP WARNER FOOTBALL
Registration is now open to Fort Jackson youth, 5-12, for a Pop Warner tackle football and cheerleading for Mid-South Bulldogs. The season begins Aug. 1. Call 466-5828 or (757) 814-5188 for information.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. The community calendar is located at the bottom of the Fort Jackson home page.

Off-post events

NFFE LUNCH
The National Federation of Federal Employees Local 1214 invites all bargaining unit employees to lunch, 11:30 a.m. to 1:30 p.m., May 19 at Union Hall Headquarters, 4405 Forney St.

JOURNEY FOR CONTROL
The free workshop, scheduled for 6:30 p.m., May 12, at Providence Hospital-Northeast, Classroom 1, is offering tips to manage diabetes. Space is limited to the first 20 participants. Call 877-532-4545 to register.

PALMETTO PAINTERS
The Palmetto Painters, an S.C. Chapter of the Society of Decorative Painters, will meet 10 a.m., May 8 at Green Hill Baptist Church, 1734 Augusta Road, West Columbia. The meeting focus will be a fabric painting project. Call 781-2340 or visit *www.PalmettoPainters.com* for information.

Yard of the month



Courtesy photo

Spc. Douglas Turey, 2nd Battalion, 39th Infantry Regiment, and his wife, Monica, are recognized as May’s Yard of the Month winners. Also pictured are Col. Lillian Dixon, garrison commander, left, and Garrison Command Sgt. Maj. Christopher Culbertson, right. The family received a certificate of appreciation, garrison coin, reserve parking spaces at the PX and commissary, free dinner and movie passes. All grand prize winners also receive a \$50 gift card.

'In loco parentis:' A powerful parental tool

By **CAPT. SCOTT SOMERSET**
Legal Assistance Office

A power of attorney is an important document that a person (the principle) can give to another person (his or her attorney-in-fact) to conduct business on the principle's behalf. Once granted, the attorney-in-fact can do anything that the principle could do with his property, including making health care or child care decisions. As such, a POA should only be given to someone that the principle truly trusts as its potential for abuse can be great.

One POA that may be of particular value to service members is the "in loco parentis" POA.

This document grants a third-party the right to make child care decisions in place of the parent. Such decisions may include providing food, clothing and shelter, as well as the ability to make medical decisions, including surgical and dental.

This POA also can be used for the educational welfare of the child, including registering the child for classes, participation in extracurricular activities and even school enrollment.

There are several advantages to having an "in loco parentis" POA. First, it gives parents flexibility when the circumstances of their lives make it difficult or impossible to provide care for their children for a period of time.

For instance, a Soldier who has sole custody of his or her child and comes to Fort Jackson for training can grant such

a POA to a trusted third party. This provides peace of mind knowing that, despite the temporary absence, the child will be taken care of in every way necessary.

Another advantage is that this POA can be tailored to specific time limits. Depending on the event, it can be as long or short as needed.

Finally, this POA is normally durable, meaning that if the principle becomes incompetent and cannot make decisions, the POA remains in effect. The POA expires upon the stated time limit, the revocation of the POA by the principle or the death of the principle.

The "in loco parentis" POA, however, does not grant custody of the child to the attorney-in-fact. As such, any party having legal custody of the child, such as another biological parent, can take the responsibilities from the attorney-in-fact at any time.

For instance, both parents may be unable to provide care for their child due to training requirements. They can create a POA making a third party their attorney-in-fact to provide care for the child for a period of four months. If one of the parents returns from training prior to the four months, he or she could exercise their custodial right and take the child back early.

There are also some circumstances in which an "in loco parentis" POA may not be enough or appropriate to accomplish the desires of the principle. For example, some school districts have strict standards for school enrollment. They may require that only someone with legal custody of

the child can register the child for school and, therefore, a POA would not be enough.

This often occurs in school districts that are considered "superior" to others and there is a fear that people may misuse POAs to enroll in that district.

This is an improper use of the POA and, upon discovery, the child would be disenrolled. Again, while some school districts alleviate this issue by not accepting POAs, some do not, so it may be advisable to seek the advice of qualified legal counsel if there is any question about the appropriateness of such use.

For Soldiers who expect to be deployed and have sole custody of their child, it may be advisable to think about granting actual custody to another party instead of a POA.

This would require a court order, but it would have the effect of giving this party all of the rights they would receive under the "in loco parentis" POA.

Further, it would go beyond to ensure that in the event the deployed Soldier died, the child would have a legal custodian to provide care and support for him. This is because, unlike the POA, the custody order would survive the death of the parent. In any event, these are just some of the options available to you in planning for changing circumstances. If you have questions about what options may be best for you, we seek the advice of qualified legal counsel.

The Fort Jackson Legal Assistance Office is available to answer questions about this or any other legal issues and can be reached at 751-4287 for appointments.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief



permit, which would allow the selling of food on post.

□ A civilian was issued a post bar letter after he attempted to enter post with drug paraphernalia in his vehicle, MPs said. The paraphernalia did not contain enough residue to be tested, MPs said. In addition to the bar letter, the civilian was cited for possession of drug paraphernalia and lack of drivers license.

CASES OF THE WEEK

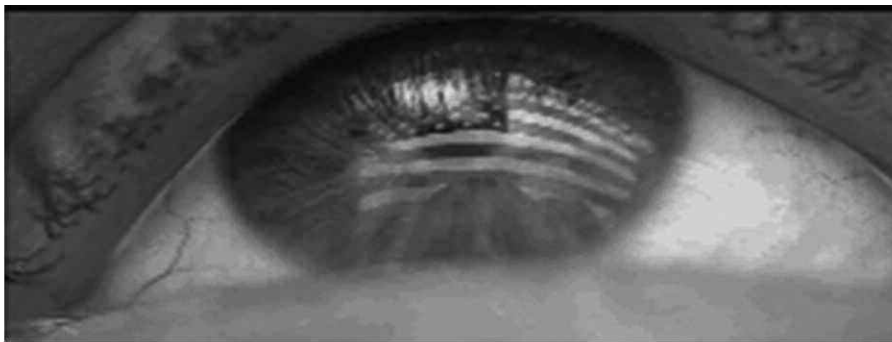
□ Fort Jackson's Explosive Ordnance Disposal unit declared safe the Main PX and the surrounding area after it was evacuated when MPs received a report of a suspicious package. The package turned out to be a tan suitcase containing flip flops and other miscellaneous items.

□ A civilian was issued a permanent bar letter after attempting to enter post to sell food and beverages at a construction site, MPs said. The civilian admitted that he did not possess a valid Fort Jackson vendor's

crimestoppers
1-888-559-TIPS
www.midlandcrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

ETERNAL VIGILANCE IS THE PRICE OF FREEDOM



Article submissions are due two weeks before publication. For example, an article for the May 20 *Leader* must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the May 20 *Leader* must be submitted by May 13.

CYSS, library present American Girl Tea Party

Flashback: You're 5 years old and it's Christmas morning. You run out in wild anticipation to see what Santa Claus has left for you under the tree. You catch your breath when your eyes rest on her — the doll — the one you circled in the Sears catalog, dog-eared the page and unendingly begged your parents for, even if she was just a little too expensive. And there she is, under the tree. You picked her up and smell — ahhh, that new baby doll smell. She becomes your constant companion, the one with whom you share your deepest secrets and endless tea parties.

Relive the excitement of childhood make-believe and pretend with your child at the American Girl Tea, 2-4 p.m., May 23, at the NCO Club. This Army Family Covenant event is free to the community, and is being sponsored by Child, Youth and School Services and the Main Post Library.

The tea party will include games, crafts and prize drawings. Participants are encouraged to bring their favorite dolls or stuffed animals to the party. There will be an owner and doll look-a-like contest with an American Girl Doll as the grand prize.

American Girl Dolls characters lived during significant

Army Family Covenant

By **BEVERLY METCALFE**

Family and Morale, Welfare and Recreation

time periods in American history and are from several different cultural backgrounds. Created in 1986 by Pleasant Rowland, the company has expanded to include books, magazines a website and movie production.



Throughout May, Army library patrons between the ages of 6-16 will receive an American Girl reading log. Each time the child checks out a book, she will get a stamp on the log (limit of one stamp per day). Once the log is filled, the child may submit it to be entered to win an American Girl Doll. The child must submit the entry form in person.

The grand prize winner will be awarded an American Girl doll at the American Girl Tea.

For more information about the American Girl Tea, please call Beverly Metcalfe, FMWR Partnerships Specialist, at 751-3053. RSVP by May 19.

Current EDGE! classes

❑ **American Girl event planner**, 3:30-5 p.m., Monday and Thursday (begins today), 5955 Parker Lane. For children, 9-14. Be part of planning and executing the American Girl Tea Party.

❑ **Watch the Birdie! Badminton**, 4-5:30 p.m., Tuesday, Balfour Beatty volleyball courts, Brown Avenue. For children, 9-15. Learn to smash, drop and block in this Olympic sport.

❑ **Reel in the Fun**, 3:30-5 p.m., Wednesday, Weston Lake. For children, 9-15. Transportation provided from 5955 Parker Lane. Learn how to cast, tie a fly and pull in the big one.

❑ **Button, Button**, 3:30-5 p.m., Wednesday, 5955-D

Parker Lane. For children, 8-14. Learn how to use buttons to decorate picture frames, lamp shades, make jewelry and more.

❑ **Photographing the EDGE!**, 4-6 p.m., Thursday (beginning May 6, Youth Center teen room. For children, 11-18. Learn photography with the EDGE!.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those older than 10 years old. For children 9-10 years old, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil>. Become a fan of the Fort Jackson EDGE program on Facebook. For more information, call Beverly Metcalfe at 751-3053.



twitter

**Follow the Fort Jackson Leader on
Twitter at <http://twitter.com/FortJacksonPAO>**

Check us out for breaking news, videos and more.



**Connect with us on
Facebook at**

<http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584>

FMWR calendar

THURSDAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Magruder's Pub and Club is open for lunch.
- ❑ Victory Bingo, 2-11 p.m.
- ❑ Sleepy story time, 6:30-7 p.m., post library. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ Victory Bingo, starts at 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magruder's Club, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military.

SATURDAY

- ❑ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ❑ Victory Bingo, starts 4 p.m.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ❑ Victory Bingo, starts 10 a.m.
- ❑ Visit the Officers' Club, 11 a.m.-1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians.
- ❑ Karaoke night with Tom Marable, Magruder's Pub. Cost is \$3 for military, \$5 for civilians.
- ❑ Victory Readers Club, 6-8 p.m., Post Library

For a complete calendar of FMWR events, visit www.fort-jacksonmwr.com.

ONGOING OFFERS

- ❑ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, including parents who are in the National Guard or Reserve during battle training assembly. Programming is available to other parents at an hourly or daily rate.
- ❑ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for some hotels. For details, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. Fort Jackson's installation number is 164.
- ❑ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.
- ❑ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ❑ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.

To submit an article, announcement or letter to the editor, e-mail FJLeader@conus.army.mil.

Blood bank reaccredited

MACH Laboratory blood bank receives crucial endorsement

By **FRED HORNICK**

Moncrief Army Community Hospital

The Moncrief Army Community Hospital's Laboratory Blood Bank has been granted re-accreditation by the American Association of Blood Banks, according to Dr. Marc Busnardo, laboratory director, Department of Pathology.

Accreditation follows an intensive on-site survey by specially trained AABB assessors, and establishes that the level of technical and administrative performance within the facility meets or exceeds all standards set by the AABB. By successfully meeting those requirements, the MACH Blood Bank joins facilities throughout the United States and around the world that have earned the coveted AABB Accreditation.

"The AABB's Accreditation procedures are voluntary and stringent," Busnardo explained. "The MACH Blood Bank has sought to maintain AABB accreditation, because this program assists blood bank facilities around the world in achieving excellence in support of high quality patient care, by promoting a level of professional and technical expertise, which contributes to quality performance, patient safety, and state-of-the-art blood component administration.

"Our Blood Bank and laboratory staff, the MACH staff, and all members of the Fort Jackson community should be very proud of this achievement."

Established in 1947, AABB is an international non-profit membership organization dedicated to advancing the field of transfusion medicine and related biological therapies. The association is committed to improving health by

developing and delivering standards, accreditation and education programs and services to optimize patient and donor care and safety.

Since 1958, AABB has been engaged in the accreditation of blood banks and transfusion services. AABB's Accreditation Program contributes to the quality and safety of collecting, processing, testing, distributing and administering blood and cellular therapy products. The Accreditation Program assesses the quality and operational systems in place within a facility. The basis for assessment is compliance with AABB standards, Code of Federal Regulations and other federal guidance documents. These standards not only reflect the level of professional proficiency for blood banks and transfusion services in the United States, but also provide the basis for practice in similar facilities around the world.

The AABB Accreditation program has been recognized by the International Society for Quality in Healthcare. In June 1995, AABB was granted "deemed status" as an accrediting organization under the clinical Laboratory Improvement Amendment of 1988 program. This granting of "deemed status" indicates that the Centers for Medicare and Medicaid has found the AABB accreditation process to provide reasonable assurance that the facilities accredited by it meet or exceed the conditions required by federal law and regulations.

AABB grants accreditation for:

- ☐ Donor centers: collection, processing, testing and distribution of blood products
- ☐ Transfusion services: testing (pretransfusion, compatibility) and distribution of blood products
- ☐ Cellular therapy
- ☐ Immunohematology reference laboratories
- ☐ Perioperative services
- ☐ Relationship/parentage testing

MACH updates

DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. The mobile kitchen is closed. The DFAC is located on the fourth floor.

MACH PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families. Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING PROCEDURES

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation. Outprocessing hours are 2-3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103 For more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at www.twitter.com/machcsd to receive announcements for same-day appointments.

Become a MACH "fan" by logging into Facebook and searching "Moncrief Army Community Hospital." The Facebook page provides appointment updates and more.

Proper diet key in children's development, health

By **ALEXIS D. WASHINGTON**

TRICARE Management Activity

Being a mother is a big responsibility. There are so many things to consider, watch for, remember to do and plan. Infants and toddlers especially require a lot of care and attention. Raising a healthy child is an important focus of parenting.

Nutrition is one of the most important factors that contribute to a baby or toddler's health. The food parents choose provides the energy and nutrients a child needs to grow up healthy. Making the right dietary choices supports and protects a child's health, and can help establish healthy habits that can last a lifetime.

For infants, breast-feeding offers health benefits to both the baby and the mother. Breast milk is the perfect food for infants. It provides all necessary vitamins and minerals. It contains just the right amount and proportions of fat, sugar, water and protein. Breast milk is easy to digest and contains antibodies that can even protect infants from viral and bacterial infections.

The Department for Health and Human Services reports

that breastfeeding has been linked to lowering several health problems in infants and toddlers, including: ear infections, stomach viruses, diarrhea, respiratory infections, atopic dermatitis, asthma, obesity, type 1 and type 2 diabetes, childhood leukemia, sudden infant death syndrome or SIDS and necrotizing enterocolitis, a disease that affects the gastrointestinal tract in pre-term infants.

The American Academy of Pediatrics and American Academy of Family Physicians recommend that babies be breast-fed for at least 12 months. The health effects of breast-feeding for mothers are significant, too. According to HHS, breastfeeding is linked to a lower risk of these health problems in mothers: Type 2 diabetes, breast cancer, ovarian cancer and postpartum depression.

Once a mother has decided to stop breastfeeding, it's important to continue to provide the right vitamins and nutrients for children. For children younger than age 2, up to 50 percent of calories should come from fat. Whole milk is a good option to replace breast milk after the age of 1. Whole milk contains the needed fat to ensure proper growth and development. Mothers can switch to low-fat milk after age 2 or 3.

Some other important things to note for healthy devel-

opment are:

☐ Make sure the child gets enough iron (consult the child's doctor about this).

☐ Toddlers, ages 1 to 3, need 500 milligrams of calcium each day (primarily from milk and other dairy sources).

☐ Dietary fiber is important after age 3 because it might help prevent diseases later.

☐ Don't feed a baby eggs, citrus fruits and juices, cow's milk or honey until after his or her first birthday.

☐ Don't feed your child seafood, peanuts or tree nuts before age 2 or 3.

Proper nutrition for babies is essential for lifelong good health. TRICARE covers well-child care for eligible newborns up to age six which includes routine newborn care, height and weight measurements and developmental appraisal. Medical providers can provide helpful information about ensuring the health of infants.

For more information about infant and toddler nutritional needs or age appropriate diets visit www.nlm.nih.gov/medlineplus/infantandtoddlernutrition.html. Get additional information about nutrition and obesity at www.tricare.mil/getfit.